

Light Banana Cream Pie

- 1 package (1.9 ounces) sugar-free instant pudding and pie filling (4 servings)
- 2 3/4 cups low fat milk
- 4 ripe, medium bananas sliced
- 1(9 inch) ready made graham cracker pie crust
- 1 firm, medium banana (optional)
- Light Frozen non-diary whipped topping, thawed (optional)

1. Prepare pudding as directed, using 2/4 cups low fat milk. Stir in 4 sliced ripe bananas.
2. Spoon banana mixture into pie crust. Place plastic wrap over pie, lightly pressing plastic to completely cover filling. Chill 1 hour or until filling is set. Remove plastic wrap. Cut firm banana into 1/2 inch slices. Garnish pie with whipped topping and banana slices.

Makes 8 servings

Source: Diabetic Cooking Magazine

DIETARY EXCHANGES:

2 Starch, 1/2 Fruit, 1 Fat

NUTRIENTS PER SERVING:

Cal.:227

Total Fat: 8 g

Carb.: 37g

Chol.: 7 mg

Fiber: 2 g

Sat. Fat: 2 g

Protein: 4 g

Sodium: 455 mg